

Baked Tortilla Chips

Makes: 6 Servings

Use this recipe to make your own whole wheat flour or corn flour tortilla

Ingredients

3 flour tortillas (10-inch, whole wheat)

cooking oil spray

salt (optional)

Directions


- 1) Preheat oven or toaster oven to 400°F.
- 2) Lightly grease a baking sheet with the cooking spray.
- 3) Cut tortillas into 8 sections (as if you were cutting a pizza) and place on baking sheet.
- 4) Spray tops of tortilla sections with cooking spray and lightly salt, if desired.
- 5) Bake for 10 minutes, until crisp and light brown, watching closely so the chips don't burn.

Notes

- Corn tortillas may also be used for less calories and fat.

Source: Colorado State University and University of California at C

Nutrition Information

Nutrients	Amount
Calories	112
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	223 mg
Total Carbohydrate	18 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	0 g
Protein	3 g
Vitamin D	0 IU
Calcium	45 mg
Iron	1 mg
Potassium	54 mg
N/A - data is not available	
MyPlate Food Groups	
 Grains	1 ounce

MyPlate Food Groups